

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Worksheet #: \_\_\_\_\_

Use the same number that you put on the MATRIX Worksheet for which you are using this worksheet. Check any and all items that apply to that worksheet.

### I'm All Alone

**I am not:**

- Cared for
- Lovable
- Liked
- Included
- Worthy
- Deserving
- Important
- Wanted

\_\_\_\_\_

**I am:**

- Left out
- Different
- Not loved
- Worthless
- Lonely
- Insignificant

\_\_\_\_\_

**I don't matter**

- No one cares about me
- No one understands me
- No one listens to me
- There's no one out there for me
- Nobody wants me

\_\_\_\_\_

### Something's Wrong With Me

**I am not:**

- Smart enough
- Good looking enough
- Tall enough
- Talented enough
- Old enough
- Young enough
- Thin enough
- Heavy enough
- The right age
- The right color
- The right sex
- The right size
- The right Ethnicity
- Worth it

\_\_\_\_\_

**I am:**

- Stupid
- Lazy
- No good
- A screw up
- Incapable
- Unable
- Limited
- Small
- Insignificant
- Different
- Worthless

\_\_\_\_\_

### I Don't Belong Here

**I am not:**

- Worthy
- Important
- Loveable
- Wanted
- Like Everyone Else

\_\_\_\_\_

**I Don't:**

- Fit In
- Look Like Everyone Else
- Act Like Everyone Else
- Feel Like Everyone Else

\_\_\_\_\_

**I am**

- Broken
- Bad
- Evil

<b>Iceberg Worksheet Question #2 Reference List</b>	
<input type="checkbox"/> Accused me	<input type="checkbox"/> Forgot about me
<input type="checkbox"/> Blamed me	<input type="checkbox"/> Did not show
<input type="checkbox"/> Yelled at me	<input type="checkbox"/> Wasn't there for me
<input type="checkbox"/> Made me wrong	<input type="checkbox"/> Did not help me
<input type="checkbox"/> Disrespected me	<input type="checkbox"/> Left me
<input type="checkbox"/> Attacked me	<input type="checkbox"/> Ignored me
<input type="checkbox"/> Scolded me	<input type="checkbox"/> Criticized me
<input type="checkbox"/> Abused me	<input type="checkbox"/> Made fun of me
<input type="checkbox"/> Belittled me	<input type="checkbox"/> Laughed at me
<input type="checkbox"/> _____	